



COCONUT CREAM PIE BARS

Serves 12

INGREDIENTS

For the crust:

- 3/4 c graham cracker crumbs (78 g)
- 30 g vanilla protein powder
- 2 Tbsp light butter such as I Can't Believe it's Not Butter, Light (28 g)
- 1-2 Tbsp water as needed

For the filling:

- 2 c ultra-filtered fat free milk such as Fairlife (480 ml)
- 1 tsp coconut extract (5 ml)
- 60 g vanilla protein powder
- 2 oz instant sugar free vanilla pudding mix (67 g)
- 1/3 c unsweetened shredded coconut (25 g)
- 1/2 c plain nonfat Greek yogurt (128 g)

For the topping:

- 4 oz light whipped topping (113 g)
- 2 Tbsp unsweetened shredded coconut, optionally toasted (10 g)

FACTS

Prep time: 15 min

Cook time: 7 min

Chill time: 1 hour

Total time: 1 hour 22 min

MFP: "FFC Coconut Cream Pie Bars"

1 serving: 2.9 oz/82 g

143 Calories

8P | 5F | 17C

DIRECTIONS

- 1 Prepare the crust:** Preheat oven to 350°F (175°C). Line an 8x8 inch (20x20 cm) baking dish with parchment or lightly spray with cooking spray.
- 2** In a small bowl, mix graham cracker crumbs and protein powder with melted butter. Add water slowly if necessary, until a crumbly "wet sand" consistency forms. Press evenly into the bottom of the prepared dish.
- 3** Bake crust for 7-8 min or until just set and lightly golden. Let cool in the refrigerator completely while you prepare the filling.
- 4 Prepare the filling:** In a large bowl, whisk together milk and coconut extract. Then whisk in the protein powder and pudding mix. Stir in shredded coconut and Greek yogurt until smooth.
- 5** Spread filling evenly over the cooled crust.
- 6 Add topping:** Evenly Spread whipped topping over the filling and sprinkle with shredded coconut.
- 7** Chill in fridge at least 1 hour before slicing into 9 squares.

Notes:

- *To toast coconut: add unsweetened shredded coconut to a dry skillet over medium heat and stir frequently for 3-5 min until golden and fragrant. Watch closely to prevent burning—once it starts to brown, it toasts quickly.*